

Needham Youth Services

(Formerly known as the Needham Youth Commission)

Winter/Spring Programs 2010

Programs for
kids of all ages

Trainings for
Parents

Counseling
Services

Workshops
in school

Community
Presentations



Registration begins Monday, January 11, 2010

Registrations are accepted by:

Mail: Needham Youth Services
1471 Highland Avenue - Town Hall
Needham, MA 02492

In person: Office Hours: M-F 8:30am—5:00pm

*Beginning February 17, 2010 our office will be located in the
Public Service Administration Building at 500 Dedham Avenue*

To learn more about Needham Youth Services
or if you have questions, please call our office at 781-455-7518

For ongoing notification of upcoming programs join our listserv at:
www.needhamma.gov/youth/email

www.needhamma.gov/youth



March is Needham Unplugged

Needham Unplugged is an awareness campaign to remind Needham families and residents to “unplug their electronics” and “plug into” each other. Watch for announcements about activities that do NOT require electricity and that emphasize person-to-person interaction and health. The highlight of the program will be March 25th, our no-homework, no-sports, and no-activities night for Needham Public School Students (and no town-related, community and/or religious meetings).

Learn more at

www.needhamma.gov/youth/unplugged



Winter/Spring School and Community Partnerships

Pollard Middle School:

Picture Perfect, workshop on gender roles & the media

Needham High School:

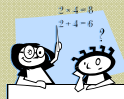
Loss and Teen Dating Violence seminars
Make a Statement Day

Elementary schools:

We will be facilitating social skills groups

Community Wide:

March is **Needham Unplugged**
Safe Surf Parent Night on January 20th
NEDP groups



Peer Tutor Program

The Peer Tutor Program matches High School students (tutors) with middle school and elementary school age youth (tutees) who have demonstrated a need for academic assistance or a need for support in developing successful study habits. The goals of the program are to provide academic assistance with specific problematic subjects and to create a supportive learning environment.

Applications for the 2010/2011 year will be accepted beginning April 30, 2010.

Learn more at www.needhamma.gov/youth/peertutor

Winter/Spring Youth Programs

Books and Bridges

Funded by the Rotary Club of Needham, Books and Bridges is a two-session program for parents and kids who are looking for a wonderful opportunity to share in the exciting world of reading and group discussion regarding the themes of the assigned book. Each session meets for 90 minutes and dinner is provided. Either parent may accompany their child for both sessions, pre-registration is required, and additional sessions will be offered in the spring. Learn more at www.needhamma.gov/youth/booksandbridges.



Dates: 4th grade girls, Thursdays, February 11th and 25th
5th grade girls, Tuesdays, March 16th and 30th
Cost: \$10 per pair (waived in the event of financial need)
Location: Avery Crossings (5:30—7:00 pm)
Facilitator: Katy Colthart

Babysitter Training Course

We offer a Babysitter Training Seminar for new babysitters or for those with limited experience who desire a refresher class. The training is six hours and is offered as a three-day course. Students must be in the sixth grade and at least 11 years old to take the class. Additional sessions will be offered in the fall. Learn more at www.needhamma.gov/youth/babysitting.

Dates: Session 1: January 27, February 3 & 10
Session 2: March 24, 31 & April 7
Cost: \$45 (waived in the event of financial need)
Location: Session 1 at High Rock School (2:30 - 4:30pm)
Session 2 at Pollard Middle School (2:45 - 4:45pm)
Facilitator: Katy Colthart

EXTREME LOOKS



In collaboration with the YMCA, this four-day workshop will explore how the media goes to extremes that distort girls' self-esteem, body image, and perceptions about relationships. The program is open to girls currently in 6th, 7th, and 8th grades. The program will run at the end of June, please visit our website for specific dates; www.needhamma.gov/youth/extremelooks.

Dates: June 21st - 24th (these dates are tentative)
Cost: Free
Location: Needham YMCA (1:00—4:00 pm)
Facilitators: Katy Colthart & Alexandra Kosciak

PROJECT VAN

Funded by the Needham Community Council, Project VAN (Volunteers Around Needham) offers youth ages 13 (or entering 8th grade) to 17 the opportunity to provide a valuable community service to organizations in Needham. Youth can register for one day, a few days, or all program days. Learn more at www.needhamma.gov/youth/projectvan.



Dates: July 13, 14, 15, 20, 21, 22, 27, 28, 29 (10:00 am—2:30 pm)
Cost: Free
Locations include: Needham Public Library, Needham Community Council, Wingate, Charles River Center, and others!
Facilitators: Alexandra Kosciak & Katy Colthart

Winter/Spring Parent Programs

A Conversation...For Parents of Teens

Funded by the Needham Women's Club, this free program is limited to 9 participants per evening and creates a forum in which parents discuss the challenges of parenting teens in a supportive and confidential setting. Parents may attend any/all of the following evening meetings (which will include dinner). Additional sessions will be offered in the spring. Learn more at www.needhamma.gov/youth/aconversation.

Dates: March 16th — Teens and Sex
April 13th — Teens, Stress and Depression
Cost: Free
Location: Public Service Administration Building
500 Dedham Avenue (5:30 – 7:30 pm)
Facilitator: Jon Mattleman



QPR Suicide Prevention Training

The Needham Coalition for Suicide Prevention and Needham Youth Services are offering free QPR trainings. QPR (Question, Persuade, Refer) is based upon the following concepts: Those who most need help in a suicidal crisis are the least likely to ask for it; The person most likely to prevent a person dying by suicide is someone they already know; and, That prior to making a suicide attempt a person typically sends warning signs of their distress and suicidal intent to those around them. Learn more at www.needhamma.gov/youth/QPR.

Dates: March 24, 2010
Cost: Free
Location: Needham Public Library (7:00 – 9:00 pm)
Facilitator: Jon Mattleman

Parent Coffees

Funded by the Needham Community Council, Inc., these free gatherings for parents of middle and high school youth are held in peoples' homes in the evenings and focus upon issues such as the new literature regarding the adolescent brain and the impact of alcohol, as well as the role that parents can play in keeping their children safe. Learn more at www.needhamma.gov/youth/coffee.



Dates: Please contact the office at 781-455-7518 to schedule
Cost: Free
Location: Participant's Home (7:00—9:00 pm)
Facilitator: Deborah Engler



Parents Please Talk With Your Mouth Full

Needham Youth Services and Sweet Basil Restaurant invite parents to participate in this unique collaboration. During this one evening workshop, parents will enjoy a terrific meal and have the opportunity to share, learn, laugh, and talk about the joys and challenges of parenting. Only one parent per family. Learn more at www.needhamma.gov/youth/parentsplease.

Date: April 12, 2010 for Parents of High School Children
Cost: \$10 (waived in the event of financial need)
Location: Sweet Basil Restaurant (6:00 – 8:00pm)
Facilitators: Katy Colthart and Alexandra Kosciak

Patrick C. Forde Good Person Memorial Award

Named after Needham resident and community activist Patrick Forde, each year this award recognizes an adult in the community who has helped make Needham a better place for youth through his/her volunteer work. Learn more at www.needhamma.gov/youth/fordeaward.

The public is invited to the:
2010 Award Ceremony
Monday, January 25, 5:00 PM
Needham Public Library

Honoring
Bill Dermody



Safe Surf Parent Night



Responsible Decisions: Internet Safety

Facilitated by

**The Office of Norfolk District Attorney
William R. Keating**

**Wednesday, January 20, 2010
7:00 pm
Pollard Middle School**

Learn more at www.needhamma.gov/youth/safesurf

Challenging ConversationsAbout Preventing Suicide

Rich Gatto is a suicide survivor whose son Greg died in 2004, and Rich Roberts is a suicide survivor whose son Jason died in 2009. These Needham fathers will share their perspectives on suicide prevention and ways to keep our youth safe. Facilitated by Youth Services Director Jon Mattleman, this small group format will be limited to 20 parents per session.

Learn more about this new program at:
www.needhamma.gov/youth/challenging

General Information

Most of our services are **Free** of charge

Join our Email Listserv

If you are interested in receiving periodic updates of Needham Youth Services' programs that may be of interest to you and/or your children, please visit our website at www.needhamma.gov/youth/email and click on the year of birth of your child/children.

We ask for the year your child was born so that we can send you information that pertains to your child --- thus eliminating spam and unwanted information. If you have more than one child, you must register for each child (by year of birth) individually.

Payment

Most of our services are **FREE** of charge. If the program charges a fee, payment must accompany all registrations. Checks should be made payable to "Town of Needham-Youth Services".

Fee Assistance

Financial aid is available to all Needham residents and Needham students. A letter requesting assistance must be submitted to the Director of Needham Youth Services at the time of registration. To learn more, please visit our website at www.needhamma.gov/youth/fee.

Course Confirmation

We will confirm registrations by phone, email, or mail. You will be notified if the program is full or cancelled and your payment will be refunded.

Inclement Weather

It is our policy that if Needham Public Schools close due to weather related issues, our programs will also be cancelled. Weather related cancellations will be posted on our website at www.needhamma.gov/youth.

Cancellations

We reserve the right to cancel or postpone a program due to low enrollment. If a multi-session program must be cancelled due to inclement weather or other unforeseen circumstances, refunds will not be given; however, we will do our best to reschedule.

Refunds

If you request to withdraw from a class with sufficient time to get a replacement, a refund may be issued. However, if the slot can not be filled, no refund will be issued. If you do not show up for a class, there is no refund. Refunds will be issued if Needham Youth Services cancels a program and/or you registered for a program and there are no openings.

Employment Program

The Employment Program assists young people in obtaining business and residential employment, as well as helping residents requiring help for around-the-house chores.

Youth age 12 to 21 who desire work must register with us by completing a Job Registration Form and a Parent Permission Form. For those 18 years of age and under, a parent or legal guardian must co-sign this form.

Both the Residential Employment Books and the Job Posting Books are available on Tuesdays from 9:00 am - 4:00 pm or by appointment. Forms may be requested/submitted at any time during the business week. There is a \$5 fee for this service (\$10 for an express list) for residents; there is no charge for youth using the Employment Program. Learn more at www.needhamma.gov/youth/employment.

The Employment Program does not screen applications or individuals—we act simply as a clearing house and an information source.

For additional information please contact Carol Rosenstock 781-455-7518 x267 or Crosenstock@needhamma.gov.

Counseling Services

Confidential individual, group, and family counseling for youth is available from our trained and committed staff. We accept referrals from the schools, courts, and parents. We also offer a **Substance Abuse Awareness Program**, a 15-hour assessment, education, and intervention program which takes an innovative approach to the topic of alcohol and drugs. Learn more about our counseling services online at www.needhamma.gov/youth/counselingservices.

Consultation and Referral

As the parent of a teen, you know first hand how challenging this stage of life can be. Even the best equipped and involved parents can find themselves in complex and confusing situations --- and parents may not know what to do next.

Needham Youth Services can be a source of support in a crisis and/or when a parent does not know where to turn. Our free consultation can support a parent at a time when making logical decisions is critical. Parents have utilized this resource when dealing with a serious matter involving their child (e.g. drug/alcohol use), when they are concerned about a specific behavior (e.g. depression), or when they are just worried about their child's growth and development.

Needham Youth Services Registration Form

(Please complete the entire form)

Participant's Name:		M/F DOB:
Address:		Zip Code:
Home Phone:		Grade & School:
PARENT/GUARDIAN INFORMATION		
Guardian:		Cell Phone:
Email Address:		
EMERGENCY INFORMATION		
Name:	Relationship:	Phone:
Name:	Relationship:	Phone:
Allergies:		Medical Conditions:
PROGRAM INFORMATION		
Program Name	Session	Fee
Donation to Needham Youth Services:		\$
Total Amount :		\$
Make Checks payable to "Town of Needham—Youth Services"		
Authorization of Participation		
<p>I, the undersigned parent/guardian of _____, acknowledge that my child will be participating in a Needham Youth Services program. In the event of medical emergency, I authorize the staff to seek medical attention as required. Further, I shall indemnify and hold harmless and hereby release, remise, and forever discharge the Town of Needham from any and all liability, suits, losses, cause of actions, damage arising or occurring out of participation in the abovementioned program and/or arising or occurring out of any said medical attention.</p>		
SIGNATURE _____		Date _____
OPTIONAL		
Authorization to Photograph/Videotape		
<p>I, _____, do hereby give permission to the Needham Youth Services to photograph/videotape me and/or my children as participants in a Needham Youth Services program. I understand that these photographs or the videotape may be used in one or all of the following ways:</p>		
<p>As part of the Needham Youth Services' website regarding this specific program.</p>		
<p>As an enclosure to letters sent to potential funding sources.</p>		
<p>As part of an article in the Needham Times, Hometown Weekly, Boston Globe, etc..</p>		
<p>As a piece on the cable station which may also be posted on YouTube by the Needham Cable Channel.</p>		
SIGNATURE _____		Date _____

Office Use Only:

Received ____/____/____

Check #

Amt. \$ _____

Confirmation Sent ____/____/____